

Questions

1. In which year was the CO-OP approach first introduced in the literature?
a) 1993 b) 1998 c) 2001 d) 2005
2. What was the original condition for which CO-OP was developed?
a) Autism spectrum disorder
b) Cerebral palsy
c) Developmental coordination disorder (DCD)
d) Acquired brain injury
3. The four main objectives of the CO-OP approach include: (Select all that apply)
a) Skill acquisition
b) Cognitive strategy use
c) Generalization
d) Transfer of learning
e) All of the above
4. Which mnemonic is central to the global strategy in CO-OP?
a) Plan-Do-Review
b) Goal-Plan-Do-Check
c) Try-Reflect-Change
d) Aim-Act-Assess
5. Which of the following is NOT one of the five fundamental elements of CO-OP?
a) Client-chosen functional goals
b) Dynamic performance analysis
c) Guided discovery
d) Cognitive strategy use
e) Surgical intervention
6. What is the typical dosage format for individually delivered CO-OP interventions?
a) 5 sessions b) 7 sessions c) 10 sessions d) 20 sessions
7. Which two measures are most commonly used as outcome tools in CO-OP studies?
a) GMFCS & MACS
b) COPM & PQRS
c) PEDI & WeeFIM
d) Vineland & Bayley Scales
8. In studies, what proportion of goals addressed were related to self-care?
a) 12% b) 23% c) 27% d) 35%

9. Which population group most frequently set leisure and sports goals during CO-OP?
 - a) Autism
 - b) Down syndrome
 - c) DCD
 - d) CP and spina bifida

10. What was a major limitation identified across many CO-OP studies?
 - a) Too many participants
 - b) Rater bias and lack of blinding
 - c) Overuse of pharmacological measures
 - d) Inconsistent use of robotics

11. True or false more than half of CO-OP studies had sample sizes over 30 participants.
 - a) TRUE
 - b) FALSE

12. Which of the following are newer domain-specific strategies identified in recent CO-OP studies? (Select all that apply)
 - a) Distraction
 - b) Emotion regulation
 - c) Mental self-guidance
 - d) Externally focused attention
 - e) Internally focused attention
 - f) all of the above

13. Which study design has been most commonly used to test CO-OP in new populations?
 - a) Randomized controlled trials (RCTs)
 - b) Single-case experimental designs (SCEDs)
 - c) Longitudinal cohort studies
 - d) Cross-sectional surveys

14. Which of the following future research needs were highlighted? (Select all that apply)
 - a) Larger, definitive RCTs
 - b) Longitudinal studies for sustainability
 - c) Health economic analyses
 - d) Implementation and fidelity studies
 - e) Neuroscience-based mechanism studies
 - f) all of the above

15. According to the article, CO-OP differs from other task-oriented interventions because:
 - a) It excludes family involvement
 - b) It emphasizes guided discovery and client-led problem solving
 - c) It uses pharmacological adjuncts
 - d) It focuses on impairment correction